

BEGINNER AQUATHON SCHEDULE: 8 WEEK PLAN

Note: Program based on Long Course Aquathon 900m swim & 7km run. Modify by 20-50% for shorter events.

Note: the Australia Day Long Aqua involves a two lap 450m swim within a mostly sheltered harbour, with a short 30m sand run in between each lap. The 7km run loop is over a flat course with combination of fast cycle paths, grass reserve and a 1.5km 'nature path'.

WEEK	Day 1	Day2	Day3	Day4	Day5	Day6	Day7
1 & 3	<p style="text-align: center;">Swim Fitness Total: 1200-1600m Aim: endurance Effort: 7/10</p> <p>Warm up; 200m easy freestyle 1min rest, than 4 -6 x 50m (25m easy, 25m harder) 30 sec rest. Main set: 600 – 800m moderate pace swim (tip use pull bouy* for extra strength).</p> <p style="text-align: center;">Cool down 100-200m kick 100m backstroke</p> <p style="text-align: center;">+</p> <p>Session 2: 40min of core and yoga style strength. - (see session example)</p>	<p style="text-align: center;">Run Tempo (change of pace) Distance: 6-8km</p> <p>Start the initial run at 60& effort, than at 1/3 distance up the pace a little to 75%, than for the final 1/3 step up a gear and run at near predicted 7km race pace.</p> <p>Cool off stretch or if near a beach or pool a quick dip!</p>	<p style="text-align: center;">Day off or light session as bike ride, surf, yoga or core workout.</p>	<p>Swim- Efforts Total: 1400-2000 Effort: 8.5/10</p> <p>Warm up: 200-400m freestyle, plus 4 x 50m fast legs, slow arms drill (aim less strokes as possible).</p> <p>Main set: 100m @ 80%, 40 sec rest, 50m @ 100%, 60 sec rest. Repeat 5-8 times.</p> <p>Cool down 200-300m kick with fins</p> <p>Tip: More bang for you session- do a quick 10min run effort after this swim</p>	<p style="text-align: center;">Cross training FREE choice</p> <p>Today's aim is a moderate 45-60min workout of choice as bike ride, rower, boxing class, circuit / outdoor fitness class, kayak, or even a surf.</p>	<p style="text-align: center;">Run Mix Up Distance: 6-8km</p> <p>Start easy pace for 1km, than pick up pace for 10min at 75%, back off pace for 5min, than do 6-8 x 30 second efforts with 30 sec slow in between. Another 5min easy than try 5 x 15sec efforts with 45sec in between. Easy cool down</p>	<p style="text-align: center;">Rest Up</p>

<p>2 & 4</p>	<p>Swim Fitness Total:1500-2000m Focus: Strength endurance</p> <p>200-300m easy freestyle.</p> <p>400m @ 60% (90sec rec) 300m @ 70% (60sec rec) 200m @ 80% (45 sec rec) 100m @ 90%, 100m backstroke recovery</p> <p>100-200m kick fins 200-300m pull bouy</p> <p>+</p> <p>Extra: 25min easy jog plus some free body exercises as bench dips, crunches, squats, push ups..</p>	<p>Run 'race pace' Tempo 6-8k</p> <p>Rolling Tempo</p> <p>Start out 5-8min relaxed pace, than increase pace to predicted race (7km) for 4-6min, than back to relaxed for 2-4 min, and repeat 3-4 sets, cool down.</p>	<p>Free choice</p> <p>Ideal to try surf in and out's if you live near the beach? Or a cycle and some core work..</p>	<p>Aquathon</p> <p>Pool Jog 5min warm up from pool than layout run gear ready to put back on. Set: 200-300m swim @ 80%, plus run 6-10min @ 90%. Rest up few minutes and repeat 2-3 sets Tip: try and run back quicker</p> <p>Open Water Jog 5min warm up than layout run gear. Set: 400-600m or time equal swim @ 80%, than run 3-4km. Rest up 5min and repeat.</p> <p>Tip: time your 'aquathon' and go for gold on the second one!</p>	<p>Rest Up or Light workout – Yoga or stretch class would be perfect here!</p>	<p>Rest</p>	<p>Beach/Park Run Hit the beach for a 20-30min run, add some wades 'run knee deep water' and lift legs high throughout (50-100m), add some effort! Extra add some in's & out's – swim x 50-100m back shore to a few times. Park try obstacle/circuit course, or TRX to add upper workout</p>
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5, 7	Swim Easy 20min pull bouy.	Jog Easy 30min + Home / free body	Transition's Hit local pool or open safe water, and after warm up, set run shoes up, and try 100m swim – 2min run efforts. 2min rest 5-10 times!	Rest or free choice	Swim Time effort. Warm up 200m, than 2 x 50m builds. Rest than 400m timed swim. 100m relaxed swim, 400m pull bouy or fins/kick	Rest Up	Aqua trial Warm up jog 5min, than either try in open water or pool 300-600m swim + 2.5-5km run
6	Free choice	Run Fartlek 5min jog, than add in 30-90 sec efforts, with ~2min jog in between for 15-20min.	Swim Fitness either session above	Core, stretch, light strength	Run Out and Back 4-6k run with ½ out @ jog, and hit is harder on way back	Open Water Swim. - 20-30min	Rest Up!
8 Race Week	Swim 1000	Light Jog with pick up's 30min with 5 x 30 second efforts walk back at end.	Aqua Light 200-400mm swim – 1-2km run twice through	Rest UP Stretch/massage	Light jog 15min, practice 'dry land transition' few times...or beach dip	Race Day Australia Day Aquathon	What? More? Get a life Enjoy the moment!
Rocket Rob's Aqua Tips	Improve you swim.! Join local swim for fitness squad? Better still sign up for ocean or open water classes/school.	Run Fit- to finish a 3km run post swim with a smile, work up to 5km run fitness	Get the right gear? Tried putting on shoes after a swim? Elastic lases and powder in shoes help here	Wetsuit or not? 400m swim? Take you more to change out of the wetsuit. But hey if the event allows may be good choice if you have one	Practice perfect Buddy up with mates and try lunch time, weekend or pre work swim and runs, build up and try open water if can	On day tips Arrive 60-90min pre race Prepare transition Watch and learn from Long course racers. Warm up light jog, check course out, observe instructions	Loved Aquathon Aussie day? Splash and Dash awaits Feb 23&24 th Aquathon.com.au

Program by Rob 'rocket rob' Battocchio is an accredited Exercise Scientist, former elite level triathlete, marathon runner, world silver medalist in 'Aquathon' and event director of the Australia Day Aquathon and Splash and Dash Festival.

Looking for a custom program (Aquathon/triathlon or other endurance or multisport event)

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- Contact Rob at info@aquathon.com.au